

# DINNERLY



## Balanced Crunchy Falafel Plates with Apple Slaw and White Bean Dip



25 minutes



2 Servings

Make short work of dinner tonight with healthy ready-made falafels. They're light, crunchy and oh-so-delicious with the garlicky bean dip and fresh apple slaw.



## WHAT WE SEND

- 150g red cabbage
- 1 red onion
- mint
- 1 granny smith apple
- 400g cannellini beans
- 200g falafels <sup>11</sup>

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 2½ tbs white wine vinegar <sup>17</sup>
- 1 tsp dijon mustard <sup>17</sup>
- 1 tsp honey

## TOOLS

- mandoline (optional)
- medium frypan

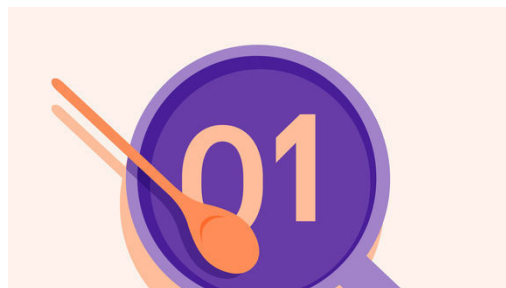
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Sesame (11), Sulphites (17). May contain traces of other allergens.

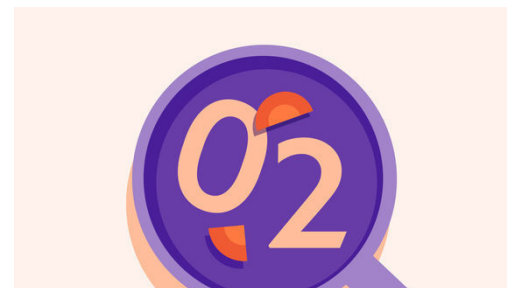
## NUTRITION PER SERVING

Energy 500kcal, Fat 29.9g, Carbs 36.5g, Proteins 14.8g



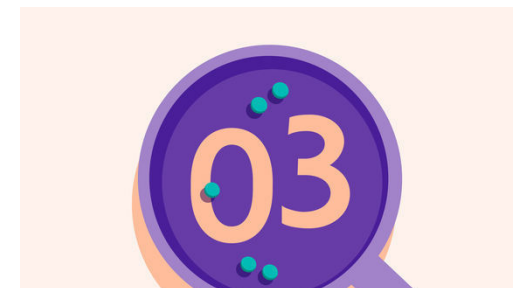
### 1. Prep ingredients

Crush or finely chop 1 **garlic clove** (see Make it yours). Thinly slice the **cabbage** and **onion** with a sharp knife or mandoline. Pick the **mint** leaves, discarding the stems. Finely chop **half the mint leaves**, reserving the remainder. Cut **half the apple\*** into thin matchsticks. Drain and rinse the **beans**.



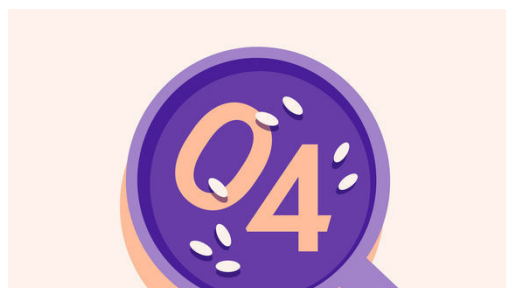
### 2. Make bean dip

Put the **beans** in a bowl and mash with a fork. Add the **chopped mint**, **half the garlic**, **2 tsp olive oil**, **2 tsp white wine vinegar** and **1 tbs water**. Season with **salt and pepper** and mash to combine.



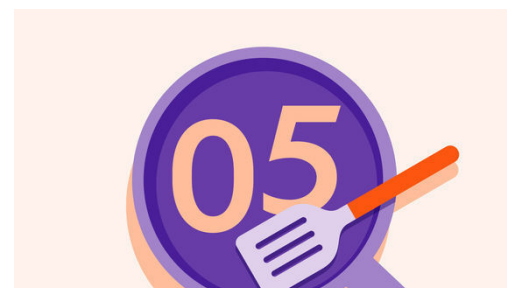
### 3. Warm falafels

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **falafels**, turning, for 5 mins or until browned and warmed through.



### 4. Make slaw

Meanwhile, put the **remaining garlic**, **1 tbs olive oil**, **2 tbs white wine vinegar**, **1 tsp dijon mustard** and **1 tsp honey** in a bowl. Season with **salt and pepper** and whisk to combine. Put the **cabbage**, **onion**, **apple** and **remaining mint leaves** in a large bowl, add **half the dressing** and toss to combine.



### 5. Serve up

Spread the **bean dip** over the plates. Top with the **falafels** and **slaw**, drizzle with the **remaining dressing** and enjoy!



### 6. Make it yours

Garlic gives the bean dip and dressing a fabulous flavour, but if you aren't a fan of too much garlic, use a small garlic clove.